



QUICK CARD

TE-MMOForms

How it works – one page

TE-MMOForms is the Movement Mechanics Observation Form – the professional clinical assessment for a single exercise.

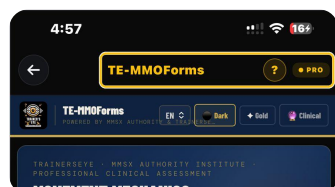
TrainersEye app → Dashboard → TE-MMOForms · Pro plan

GETTING STARTED

RECORD THE OBSERVATION

READ THE PROTOCOL

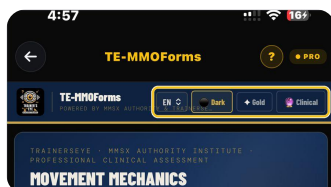
SCORE AND REPORT



1

Open the tool

From the Dashboard, tap TE-MMOForms – the Movement Mechanics Observation Form, powered by MMSx Authority and TrainersEye.



2

Language and look

EN sets the language – English, Hindi, Spanish or Arabic. Dark, Gold and Clinical switch the look of the form.



3

What the form does

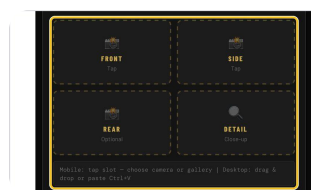
The header states the scope: AI-assisted clinical biomechanics, 200+ exercises, 540+ checkpoints, corrective protocols, radar graph, A4 PDF – with the institute's EIN and the principal investigator's ORCID.



4

Client information

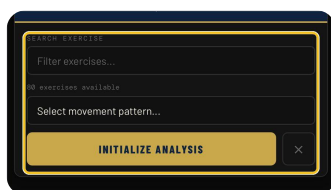
Enter the client's name and your own as trainer or assessor – both required – then age, gender, date, goals and level.



5

Visual evidence

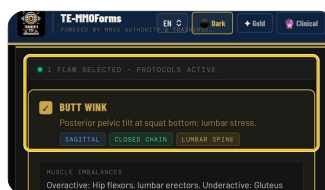
Tap a slot to take a photograph or pick one from the gallery: Front and Side are the two views to capture; Rear is optional; Detail is a close-up of the joint or the fault.



6

Movement pattern

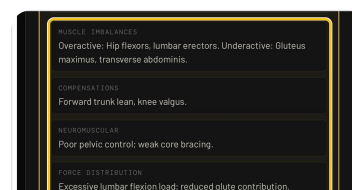
Search or choose the exercise, then tap Initialize Analysis. The form loads the checkpoints for that lift.



7

Tick the flaws

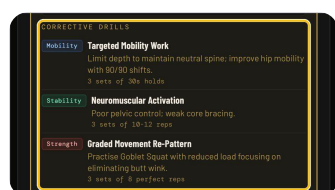
Section 4 lists the checkpoints.



8

What each flaw carries

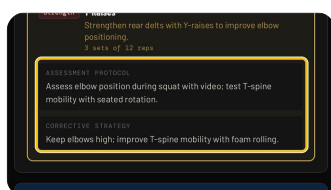
Each flaw opens with what it is and its plane, chain and region, then four blocks: muscle imbalances – overactive and underactive – compensations, neuromuscular control and force distribution.



9

Corrective drills

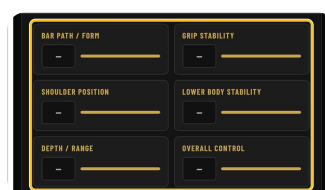
Then the corrective drills – mobility, stability, strength or technique – each with its dose: sets, reps, holds or when to practise.



10

Assessment protocol and strategy

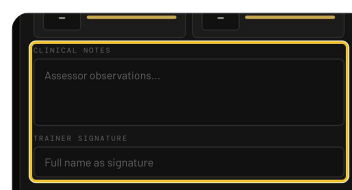
The card closes with the assessment protocol – how to test the flaw with video and a mobility test – and the corrective strategy in one line.



11

Performance scores

Rate six dimensions from 1 to 10 – bar path or form, grip stability, shoulder position, lower-body stability, depth or range, overall control – by typing or sliding.



12

Clinical notes and signature

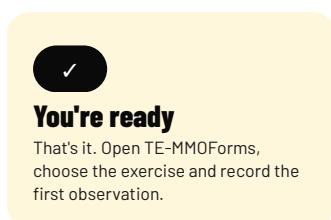
Add assessor observations in the clinical notes, then type your full name as the trainer signature.



13

Generate the clinical report

Tap Open PDF for the A4 clinical report with radar graph and trajectory, or Print A4 to print it directly.



You're ready

That's it. Open TE-MMOForms, choose the exercise and record the first observation.

IN A FLAW CARD

FLAW AND TICK · WHAT IT IS · PLANE, CHAIN, REGION · MUSCLE IMBALANCES · COMPENSATIONS · NEUROMUSCULAR AND FORCE DISTRIBUTION · CORRECTIVE DRILLS · ASSESSMENT PROTOCOL AND STRATEGY